



Lunch

Build Your Own Sandwich

- Soup of the Day
- Vegetable Crudité & Pickle Tray
- Smoked Turkey, Sliced Roast Beef & Black Forest Ham
- Sliced Cheese
- Shredded Iceberg Lettuce & Sliced Tomatoes
- Grain Mustard & Mayonnaise
- Freshly Baked Whole Wheat Bread & Rolls
- Cookies and Squares
- Freshly Brewed Coffee & Selection of Teas
- (Substitute Seafood Chowder, additional charge)

Wrap It Up

- Mesclun Greens with Grape Tomatoes, Julienne Carrots, Sun-dried Cranberries & Raspberry Vinaigrette
- Vegetable Crudités & Relish Tray
- Spinach Wrap *filled with Roasted Vegetables, Pesto Glazed Feta, Cucumber and Falafel Frites*
- White & Whole Wheat Wraps *filled with Smoked Turkey, Roast Beef or Black Forest Ham*
- Cheddar Cheese, Lettuce, Tomato & Dijon Mustard*
- Sun-dried Tomato Wrap *filled with Chorizo Sausage, Arugula Spanish Onion & Cilantro Lemon Pepper Dressing*
- Garlic Herb Wrap *filled with Teriyaki Stir-fried Flank Steak, Sprouts, Shiitake Mushrooms, Cabbage, Scallions & Wasabi Mayonnaise*
- Home Baked Squares & Cookies
- Freshly Brewed Coffee & Selection of Teas



RCR
HOSPITALITY
GROUP



Yes we can!

Tel: 902.454.8533 www.rcr.ca

All prices are subject to a customary 16% taxable service charge and 13% applicable HST.



Lunch

Executive Lunch in a Bowl

Chilled Thai Pasta Salad
Braesola wrapped Melon Balls
Asparagus Spears drizzled with Molasses Emulsion
Chilled Poached Jumbo Shrimp with Hoisin Sauce
Smoked Salmon Florette
(Non-seafood alternates available upon request)
Dark and White Chocolate, Mango & Passion Fruit Mousses in Martini Glasses
Freshly Brewed Coffee & Selection of Teas

Boxed Lunch

Seasonal Whole Fresh Fruit
Smoked Turkey Wrap
Baby Bell Cheese, Granola Bar
Greek Pasta Salad
Vanilla Biscotti, Double Chocolate Fudge Square
San Pellegrino or Evian

The Mediterranean

Hummus, Eggplant Spread & Tabbouleh
Pita Bread, Crisps & Crostini
Sliced Mortadella, Salami, Prosciutto & Melon
Asparagus Spears drizzled with Vinaigrette
Assorted Chilled Dolmas Filled with Rice,
Ground Lamb Meat & Fresh Herbs
Baklava & Rose Water infused Rice Pudding
garnished with Roasted Nuts
Freshly Brewed Coffee & Selection of Teas

Build Your Own Chef's Salad

Romaine, Mesclun, Iceberg & Radichio Greens
Sliced Cucumber, Roma Tomatoes, Red & Green Peppers, Shredded Carrot,
Sliced Boiled Eggs, Toasted Pine Nuts, Sun Dried Cranberries
Pickles, Olives, Pearl Onions, Scallions & Beets
Black Forest Ham, Smoked Turkey, Roast Chicken, Roast Beef,
Monterey Jack Cheese
Garlic Croutons
Ranch, Buttermilk and Balsamic Dressings
Mille-feuille of Phyllo Pastry filled with Strawberries,
Lychee and Mango Yogurt Cream
and garnished with crème anglaise
Freshly Brewed Coffee & Selection of Teas

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Taste of Nova Scotia

Corn Chowder
(Substitute Nova Scotia Seafood Chowder for an additional charge.)
Tossed Garden Salad
Homemade Fish Cakes, Crispy Baked Chicken
Garlic Mashed Potatoes, Seasonal Vegetable Medley
Freshly Baked Biscuits
Nova Scotia Blueberry Grunt
Freshly Brewed Coffee & Selection of Teas

Executive Lunch

Soup of the Day
Selection of Freshly Baked Breads & Butter
Assorted Seasonal Fresh Vegetables
Vine-ripened Tomato & Queso Fresco Cheese Salad
Assortment of Steamed Dim Sum
Poached Atlantic Salmon
with citrus banana beurre blanc
Chicken Jalfrezi
Pan-seared chicken breast with fresh ginger,
Asian spices & tomato sauce
Seasonal Vegetable Medley
Jasmine-scented Basmati Rice
Tropical Fruit Kebabs on Sugarcane Skewers
Lemon Lime Pavé with Raspberry Coulis
Freshly Brewed Coffee & Selection of Teas

Sicilian

Antipasto Bar
Including sliced Prosciutto, Genoa Salami, Mortadella,
Marinated Artichoke Hearts, Mushrooms, Olives,
Red & Green Pepper Relish and Sliced Fresh Melon
Caesar Salad
Choose two Entrees
Italian Roasted Chicken
Spaghetti & Meat Balls
Baked Lasagne Bolognese, Rigatoni Alfredo
Sautéed Vegetable Primavera
Focaccia Garlic Bread & Crostini
Tiramisu with Fresh Berries
Cannolis filled with sweetened Ricotta and Berries
Freshly Brewed Coffee & Selection of Teas



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Lunch

Served Lunches

Choose one item from each section:

Appetizers

Gazpacho with crème fraîche dusted with cinnamon

Baby Beet & Buttermilk Soup

Leek & Potato Soup

Tomato Basil Soup

Vegetarian Minestrone

Nova Scotia Creamy Seafood Chowder (Additional charge)

Baby Spinach Salad

with sliced mushrooms, caramelized pecans and a honey mustard dressing

Fresh Garden Salad with Roasted Garlic & Raspberry Vinaigrette

Caesar Salad with crisp romaine, parmesan, & herbed croutons

Greek Pasta Salad with mixed greens, feta, & olives tossed with bowtie pasta

Tender Arugula Leaf Salad with seasonal mesclun greens,
sun-dried cranberries & crumbled feta (Additional charge)

Entrées

Chicken Parmigiana

lightly breaded baked breast of chicken with parmesan and Mozzarella cheese, served with Fettuccine Alfredo

Sautéed Chicken Angelo

breast of chicken sautéed with mushrooms, sun-dried tomatoes, artichoke hearts, black olives
and dry white wine, served with saffron scented roasted garlic and rosemary potatoes

Beef Bourguignon

tender pieces of beef tips braised with earthen mushrooms & red wine, served over egg noodles

Chicken Cordon Bleu

chicken breast filled with black forest ham, Swiss cheese & tarragon, chef's potato
and vegetable of the day served with a roasted garlic cream sauce

Pan-fried Blackened Haddock

North shore haddock blackened in a cast iron pan with creole spices,
served with pineapple-orange salsa and basmati rice

Atlantic Salmon

ginger glazed & pan seared, smokey BBQ sauce, garlic risotto

Caribbean Jerk Seasoned Chicken Breast

served with Peas Pillau and Tangy Mango Salsa

Slow Braised Hanger Steak

with forest mushroom sauce & mashed potatoes

Vegetarian Wellington

sautéed seasonal vegetables wrapped in phyllo pastry served with a tomato-basil sauce

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Served Lunches

Desserts

Choice of Pie ~ Pecan, Lemon Meringue or Blueberry

Traditional Annapolis Valley Apple Crisp with Ice Cream

Tiramisu with fresh berries

Fresh Berries Palmier

Puff pastry triangles filled with fresh berries & pastry cream

Belgian Chocolate Ganache & Hazelnut Cream Cake

Lemon & Lime Pavé

Lemon & lime flavoured custard square, with a cookie crumb crust garnished with candied citrus peel

Coconut Meringue Pie with passion fruit custard & fresh berries

Freshly Brewed Coffee & Selection of Teas

Minimum 30 guests or a labour charge will apply.

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